Blueberries

Farmers Market Fun Family Recipes

LEMON BLUEBERRY AND CHICKEN SALAD

Serving Size: ¾ cup
Yield: 12 servings

Ingredients
2 cups fresh or frozen blueberries, divided
¾ cup low-fat lemon yogurt
3 Tablespoons reduced-calorie mayonnaise
2 cups cubed cooked chicken breast
½ cup sliced green onions (scallions)
¾ cup diagonally sliced celery
½ cup diced sweet red bell pepper
¼ cup sunflower seeds

Instructions
Combine ingredients in salad bowl and serve.
Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.